

# TARGETED NEEDS

## Blood Sugar Maintenance Guide

The following is a simplified health program to help support the body in healing naturally. Please be advised that the lifestyle changes and supplements suggested are not intended to treat or cure any disease. Rather, they are meant to support the body's ability to heal itself. If you are pregnant, breastfeeding, or under 18 please refer to <https://livepure.com/faq/ingredients/are-your-products-okay-for-children/> and consult with your health care provider for product recommendations and dosage.

### BLOOD SUGAR MAINTENANCE

Maintaining healthy blood sugar levels is important to overall health and wellness. Many factors can influence a person's ability to maintain a healthy blood sugar level. An improper diet, alcohol consumption, dehydration, poor sleep, certain medications, stress, hormones, exercise, toxins, and nutritional deficiencies to just name a few. Incorporating some lifestyle changes, a healthier diet, and filling in the nutritional gaps is vital to maintaining healthy blood sugar levels.

These products contain sugar and may not be appropriate for some people with blood sugar complaints: GoYin, Mangosteen, Goji, Pure Cafe, GPS Rebuild, GPS Hydrate, and GPS Energize.

### TARGETED NEEDS PRODUCTS

**Targeted Needs Products** are those that have been shown to be the most effective for **Blood Sugar Maintenance**. Below are recommendations to help your body achieve and maintain optimal health. **NOTE: Please be sure to take LivePURE products at least 1 hour away from prescription medication.**

Top Priority Products		Additional Products	
CalciuMK+	Mila®	Daily Build	Daily Detox
Probiotic	Green Coffee Bean	GoYin	Organic Sulfur
Greens		Cleanse	Fusion*

\*Fusion can also be substituted with the individual bottles of Acai, Goji, Noni, and Mangosteen. 4 ounces of Fusion is equal to 1 ounce each of Acai, Goji, Noni, and Mangosteen.

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## **TOP PRIORITY PRODUCTS FOR BLOOD SUGAR MAINTENANCE**

All Foundational **Core** products are recommended for general health purposes. The Core products include **Daily Build, GoYin, and Cleanse**.

### **CalciuMK+**

This unique liquid formula offers rapid delivery of calcium, magnesium and Vitamin K2, PLUS Vitamins D, A, C and E and over 70 essential trace minerals for a potent blend the body craves. Calcium is essential in the human body for building and strengthening bones and teeth and facilitating healthy communication between the brain and certain parts of the body. The body also uses calcium to help muscles contract and expand and to secrete hormones and send messages through the nervous system. Magnesium and Vitamin K2 contribute to the development of bone and are important for regulating nerve and muscle function, blood sugar levels, and blood pressure already in normal range. CalciuMK+ may help to supply the body with the calcium needed to facilitate appropriate insulin production and reception.

***Recommended Use:*** Take 1 ounce daily, preferably before bedtime. May opt to take up to 2 servings if desired.

### **Probiotic**

The gut is the center of the immune system. Probiotic creates an ideal environment for digestion, immune function, and absorption of nutrients. Studies have shown that Probiotic bacteria appear to produce compounds that may make it easier for cells to use the hormone insulin to convert blood sugar into energy.

***Recommended Use:*** For individuals age 12 and older, take two capsules daily in the morning, preferably on an empty stomach. For children age 4 to 12, take the contents of one capsule daily. To prevent a choking hazard in children, pull apart capsule and mix contents with food or beverage.

### **Greens**

Contains a full spectrum of alkalizing vegetables, mushrooms, and superfoods that may promote optimal health and wellness. The nutrients in these foods help maintain a healthy inflammatory response within the body, strengthen the immune system, and support healthy blood sugar maintenance.

***Recommended Use:*** Add one scoop of Greens to 8-12 fl. oz. of water or other healthy beverage (according to taste) and mix thoroughly.

### **Mila®**

Contains high amounts of Omega-3 Fatty Acids which may increase levels of a hormone called adiponectin. This hormone has been shown to support healthy insulin regulation and may help maintain healthy blood sugar levels. The fiber in Mila® delays gastric emptying, which slows the digestion of carbohydrates, which positively influences post-meal blood sugar levels.

***Recommended Use:*** Add 2 tablespoons of Mila® to your favorite beverages, yogurt, salads, cereals, smoothies, and recipes. Children: Start with 1 tablespoon one time per day. Feel free to pre-soak to hydrate seeds prior to ingestion if bloating or constipation become an issue due to the increased fiber.

### **Green Coffee Bean**

Has been shown in clinical trials to limit the absorption of glucose in the small intestines and helps maintain healthy blood sugar levels after a meal. This effect may also help individuals maintain a healthy body weight.

***Recommended Use:*** Take 1-2 capsules 15-20 minutes before meals.

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## **ADDITIONAL PRODUCTS FOR BLOOD SUGAR MAINTENANCE**

### **Daily Build**

This vitamin is easy to digest, absorb and assimilate, and is complete with an amino acid blend, Phyto-antioxidant complex, bio-protection blend, botanical blend, superfruit blend, sea vegetable blend, and superfood blend. Many of these nutrients are essential to build and strengthen the body's cells, organs, and tissues. Daily Build is a comprehensive multivitamin designed to support well-being and healthy blood sugar maintenance.

***Recommended Use:*** For 12 years of age and older, take 2 capsules twice daily with your morning and evening meals. Children 4 through 11 years of age, take contents of one capsule twice daily in conjunction with a well-balanced diet. If you choose the capsule option, serving size would be two capsules twice daily with your morning and evening meals.

### **GoYin**

Contains a proprietary blend of superfruits, herbs, and other fruits that have been traditionally used to help bring the body into balance and enhance overall well-being. Balance in the body is important to maintain optimal health.

***Recommended Use:*** For 12 Years of Age and Older: take 1-2 fluid ounces on an empty stomach in the morning and afternoon or as directed by your healthcare provider. For children 6 through 11 Years of Age: Do not exceed 2 fl. oz. daily. Take on an empty stomach in the morning or the evening or as directed by your healthcare provider. Additional servings may be taken throughout the day if desired. **Note:** Although GoYin is a part of our whole health regimen, it may not be appropriate for some people who struggle with maintaining healthy blood sugar levels, due to its natural sugar content. GoYin does contain ingredients that may help achieve optimal blood sugar levels and has many other health benefits, so if you choose to take this product, please monitor your blood sugar and adjust according to your response.

### **Cleanse**

Environmental toxins can influence overall health and wellness. This cleanse is formulated to help support all seven channels of elimination (liver, kidneys, colon, lungs, lymphatic system, skin, and blood) and allow the avenues of toxic release to flow and minimize toxic build up. It contains ingredients that help the body release stored toxins that can contribute to poor health. Toxins in the body may impair the function of the organs, including the pancreas. Detoxification may help remove these toxins and improve organ function.

***Recommended Use:*** Take one full squeeze of dropper (1 ml, or about 24 drops) in 2-4 fluid ounces of water or juice. Increase to twice daily if needed. Do not exceed 4 servings per day. If you choose the capsule option, recommended use would be 4 capsules daily with 8 fluid ounces of water. Increase by 2 capsules each day, if needed, and do not exceed 8 capsules in 24 hours. Intended for short-term use (7-10 days) every 2 months. Transition to use of Daily Detox for everyday support.

### **Daily Detox**

The botanicals in Daily Detox support the 3 phases of detoxification. The liver, GI tract, lungs and kidneys are involved in phase 1 where toxic substances are broken down and neutralized. In phase 2, bile secreted by the liver helps toxins become more water soluble making them easily eliminated, leading to phase 3 where they are transported and eliminated from the body. One of the key benefits of eliminating toxins is a strong and healthy immune system. It contains dandelion root and milk thistle, both of which may aid in maintaining healthy blood sugar levels.

***Recommended Use:*** Take 2 capsules in the morning, preferably with food.

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## Organic Sulfur

Sulfur is the third most abundant mineral in your body. It is present in methionine and cysteine, which are two of the amino acids you use to make proteins. Sulfur is an important element in the insulin structure, and also helps maintain a healthy inflammatory response within the body which promotes overall health.

***Recommended Use:*** *Mix one level teaspoon into warm water or drink of your choice to dissolve crystals and consume. Take twice daily. Organic sulfur works best when taken between meals or on an empty stomach. May choose to increase daily use amount over time to achieve desired results.*

## Fusion

This powerful superfruit blend is a combination of equal parts of Noni, Acai, Mangosteen, and Goji. It contains vital Phytonutrients that may help support insulin function and maintain healthy blood sugar levels. However, it does contain natural sugar, so introduce it slowly.

***Recommended Use:*** *Take one serving in the morning and one in the afternoon. Additional servings may be taken throughout the day, if desired. May be taken alone or mixed with other LivePURE superfruits. If Fusion increases your blood sugar, consider just taking Noni and Acai. If you chose the individual superfruit bottles instead of fusion, use 1 oz. each of Acai, Goji, Noni, and Mangosteen as a serving.*

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## FOOD & DIETARY RECOMMENDATIONS

- Eat a diet rich in vegetables, whole grains, beans, and legumes that are in season.
- If eating fruit, choose low-glycemic fruits like berries.
- Avoid 'simple' carbohydrates like white rice, potatoes (except yams or sweet potato) and baked goods.
- Eat plenty of quality protein and healthy fats from avocados, nuts, seeds, eggs, and healthy fish.
- Drink at least half your body weight in ounces of water every day (more if you are detoxing).
- Limit dairy consumption, except for organic, plain yogurt or keifer.
- Avoid certain food combinations: Do not eat starches (grains, potatoes, cereals, corn, etc.) with proteins (fish, chicken, beef, eggs, nuts, seeds, etc.). Protein is digested by the body first and takes longer to digest. When consumed with carbohydrates, the carbs are set aside until the protein is digested, causing putrefaction.
- Avoid alcohol, chemical caffeine, soda, sugar, artificial sweeteners (like acesulfame K (ace-K), aspartame, saccharin and sucralose), preservatives like 'nitrates,' 'nitrites' and 'MSG', artificial colorings and hydrogenated oil.
- Red meat (if permitted) and other animal proteins should be 'organic' (in its 'natural' form – cows are fed on 'grass'; not grain – chickens feed on bug, grubs, and seeds). Natural meats contain the proper balance of saturated and unsaturated fats (the 'good' fats), are lower in calories, contain more nutrients, fill you up faster and contains 'CLA' (conjugated linoleic acid), which is a potent defense against disease.
- Avoid pork, which is difficult to digest and can create toxins in the body.
- Never use vegetable or corn oil for cooking, as heating them creates toxins and inflammation.
- Avoid fried foods, which also create toxins in the body.
- If eating sweets or simple carbs, eat protein with them to help slow the release of sugar into the blood stream. Be sure to have protein with each meal.

## LIFESTYLE RECOMMENDATIONS

- If you smoke, quit. Smoking causes vessels to narrow, decreases available oxygen, increases heart rate, causes plaque build-up in the arteries, and may damage vessel lining.
- Chew food thoroughly – this aids in digestion and nutrient absorption, helping create a healthier body and mind.
- Eat until satiated, but NOT full. This means you should neither feel hungry nor full; stop between the two. You should not feel pressure in your stomach region after eating. Pressure indicates you may have over-consumed or are not properly digesting.
- Get plenty of sleep (7-9 hours per night).
- Do not eat after 9PM (the liver rests from 10PM-2AM).
- Engage in at least 30 minutes of moderate-intensity physical activity daily. Strength training especially may help reduce blood pressure. Vary your routine and incorporate strength, flexibility, and cardiovascular exercise to prevent overuse injuries and promote a balanced approach to physical activity.
- Use mindfulness activities like yoga, breathing techniques, meditation, or gentle stretching to help achieve optimal health and wellness. Consider other stress reducing activities like taking a walk, reading an inspiring book or taking a warm bath with lavender.

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